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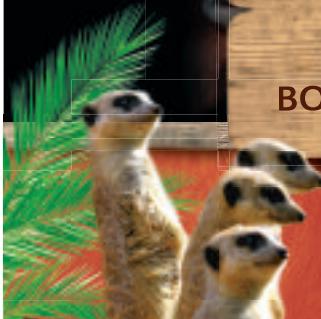
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THURSDAY, JULY 24, 2014

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HARD WORK PAYING OFF FOR ALEX AFTER INJURY

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FREE PARKING ATTRACTS EXTRA 23,000 VEHICLES

COUNCIL PLEASED WITH INFLUX OF SHOPPERS TO TOWN CENTRE

An extra 23,000 cars have used Northampton Borough Council's car parks in the town centre since the local authority introduced free parking on Saturdays.

According to statistics released by the council, between April, when the free parking offer was introduced, and July, 85,539 vehicles parked in the Mayorhold, Grosvenor, St John's or St Michael's car parks.

During the same period in 2013, 62,265 vehicles parked in the car parks, which was an increase of 37 per cent.

Councillor Tim Hadland, Northampton Borough Council's cabinet member for regeneration, enterprise and planning, said free parking was "bringing people back into the town centre".

He said: "Town centre businesses and local residents told us they wanted more free

parking, and we have delivered.

"The free parking offer is in addition to multi-million pound improvements to the town's public transport, including the new North Gate bus station and a redeveloped Northampton Castle railway station.

"When visitors arrive in Northampton they are discovering we have some fantastic entertainment in the Cultural Quarter, great places to eat, brilliant independent shops and everything you would expect in a busy county town.

"With more shoppers and visitors coming into Northampton, and some exciting plans coming forward, our town centre has a bright future as somewhere people want to come to and a place businesses want to invest in."

The figures by car park compared parking numbers between April 1 to June 30 in 2013 and 2014.

PARKING STATISTICS		
Car Park	2014	2013
Mayorhold.....	32,370	26,337
Grosvenor.....	30,895	21,465
St John's.....	11,619	7,618
St Michael's	10,655	6,848
Total	85,539	62,265
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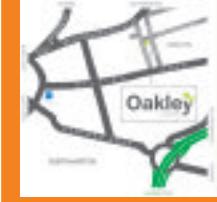
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Urban tax? Parking permits could rise from £25 to £60 for a single car and £80 for a second if county council plans are approved later in the year

Parking permit price rise to hit pockets twice

A steep rise in the cost of parking permits in the county would be a 'double-whammy' for those living in urban areas, according to the St James Residents Association.

Northamptonshire County Council's cabinet has voted to consult on a plan to increase the cost of the permits, which allow residents access to on-street parking in built-up areas, from £25 to £60, with a second permit costing £80.

The Conservative cabinet said this was in order to make the parking permit process cost 'neutral' as it was currently running a deficit of £120,000 a year.

The cost of a permit has not risen since 2002.

But Graham Croucher, of

the St James Residents' Association, in Northampton, said the rise would be too steep.

"We always said to our residents to be wary if they got parking permits, as they wouldn't always be £25," he said. "But what the council has done here is hit residents with a double whammy."

"To pay £60 for one and £80 for another, in my opinion, is an outrage."

Speaking at the cabinet meeting on Tuesday, Councillor Sarah Uldall (Lib Dem, St. Georges) said the move could mean people in urban areas were unfairly taxed.

She said: "I think, when it comes to schemes to make the road system even basically effective for local people, that is what your council tax is for."

"Quite simply, this is an extra tax on people who live in urban areas."

Councillor Brendan Glynnane, leader of the Lib Dem opposition at County Hall, said: "In many cases, the reasons there are controlled parking areas has got nothing to do with residents."

"In St James, for example, where there are many parking permit schemes, much of the need is caused by [Saints and Cobblers] match days and shoppers."

"Why is it local residents who are being penalised?"

Elsewhere in the county, Oundle residents get permits for free and those in Kettering pay £45, with the borough council there keeping the scheme 'cost neutral'.

Scheme 'should pay for itself'

A COUNTY council spokesman said the proposals would enable the scheme to 'pay for itself' and save the authority £120,000 yearly.

He said: "Residents' permit parking schemes are an effective way of enabling residents living in a popular or busy area to park near their own home,

stopping those who do not live locally from taking up their parking spaces.

"This review is necessary as the current charges for residents' parking permits do not cover the cost of operating the scheme itself, and so money is being diverted from the highways maintenance budget to

subsidise residents parking schemes instead."

"The proposed charges would enable the scheme to pay for itself rather than being aimed at generating profit."

He added: "We will be consulting on this proposal in the autumn."

Criticism for police and fire merger

A £35 million project in Northamptonshire will eventually allow the hard shoulder of a stretch of the M1 to be used during busy periods.

However the preparation work, on the stretch between junctions 16 and 19, will begin next month and run for 11 months.

This phase will see a new crash barrier installed in the central reservation in order to better protect the Highways Agency staff who will work on the 'smart motorway' system, as well as better protect motorists.

The work will mostly be carried out overnight for minimum disruption.

The 'smart motorway' system will eventually have electronic boards installed above the motorway, allowing control room staff to vary speed limits in response to traffic conditions.

It can even signal that the hard shoulder can be used if traffic is particularly congested.

Brass plaque tribute to town MP

NORTHAMPTON politician Michael Ellis has secured a permanent memorial in the Houses of Parliament for one of his MP predecessor's, Spencer Perceval, who was the only Prime Minister to be assassinated.

A new brass plaque marking the spot of the assassination, which happened on May 11, 1812, was unveiled by the Conservative MP for Northampton North on Monday.

Mr Ellis started his campaign to get a tribute to Mr Perceval in St Stephen's Lobby after a set of 'disordered tiles', which had previously marked the assassination spot, were removed by workmen during a recent renovation.

Mr Ellis said: "The spot where Spencer Perceval was assassinated has been marked with the tiles for decades and it is an important part of Northampton's and the country's history."

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So if you have been inspired to dust off your trainers, running is a great way to get fit this summer.

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The majority of running injuries occur from over training so avoid doing too much too soon.

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Police 'must improve'



The chief constable of Northamptonshire Police has been told by the county's Police and Crime Commissioner (PCC) to make "demonstrable improvements" in the way officers use stop and search powers.

Following the publication of two consultations into the use of stop and search, PCC Adam Simmonds has written to Chief Constable Adrian Lee outlining changes he would like to see in the way officers engage with the public.

One of the major issues identified from the consultation, which was completed by 1,161 people, was that fewer than half (49 per cent) of respondents said their opinion of Northamptonshire Police was positive.

The results showed those that had personally been stopped and searched, but also to a lesser degree those that knew someone else that had, were more negative

about Northamptonshire Police than those who had no experience of it.

More than half of respondents who had been stopped and searched stated they were not offered a stop and search form, a legal requirement.

In his letter to Mr Lee, Mr Simmonds stated: "I am disappointed by the high levels of people who are stopped and searched who have reported not being offered a form as a record of the encounter.

"I think we both should see this matter addressed as a matter of urgency. Too often officers are failing to explain why they have stopped an individual or to provide their details to the member of the public they have stopped.

"This must be rectified to improve public confidence in the force more generally."

Rights and equality chief says stops are 'unlawful'

■ Anjona Roy, the chief executive of Northamptonshire Rights and Equality Council, said the stop and search policy was having a negative effect on public perception of trust and confidence in the police.

"The majority of people stopped and searched simply aren't receiving a report of their searches and as a result the stops are being undertaken unlawfully and this is a matter of grave concern. "In

addition, despite assurances that issues of disproportionately black African and Caribbean people were being addressed, the problem of more black people stopped with no outcome is getting worse."

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stop and search use

UNDER FIRE: Chief Constable Adrian Lee has been told his force must improve over stop and searches.



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Cloudy2Clear Windows – Service With A Smile!

It's been a crazy few months for Cloudy2Clear Windows. The company which specialises in repairing windows which are steamed up, broken or damaged by replacing the panes – not the frames has grown rapidly as homeowners take advantage of their services.

Managing Director Trevor Skidmore feels that it's all about service. 'Our product is simple. If your double glazing is misted up we can replace the glass at a fraction of the cost of a new window, in any type of frame, and with a new 5 year guarantee. But it's not just about saving people money, although

that obviously helps. Many tradespeople have struggled since last year and I honestly feel that during the good times a minority perhaps didn't focus on customer care as much as they should have done. We make sure we turn up when we say we will, do the job the customer requires and leave their house as clean as a whistle. I often get comments back from customers on how they really didn't expect that sort of service which, in a way, is very sad for the service industry as a whole.'

Cloudy2Clear service the Northampton, Kettering, Wellingborough & Corby areas and Trevor is finding that his

which just goes to show how much a little bit of effort is appreciated.'

So, if your windows are steamed up, broken or damaged give Trevor a call for a free quotation on 0800 61 21 118 and he'll be happy to help!



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Carlsberg is withdrawing plans to build a proposed new 640,000 sq ft warehouse and distribution hub at a Northampton industrial estate.

A planning proposal had been submitted to Northampton Borough Council by the brewing giants to build a new national distribution centre in Brackmills.

However, the company announced last Wednesday, that it would now not be proceeding with the development, which could have created 50 jobs.

An spokesman for Carlsberg UK said: "Having taken time to consider the proposal alongside our colleagues within the group, we have taken the decision not to proceed with



the development, meaning our national distribution centre will not relocate to Brackmills.

"Our decision is based on a thorough analysis of the economic and business case. Consequently we have informed Roxhill Ltd and the local borough council of our decision

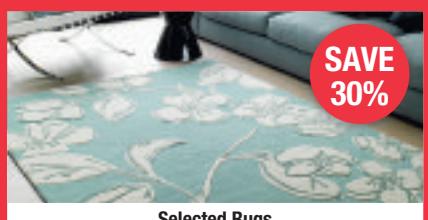
ahead of the application being heard later month."

The spokesman said Carlsberg UK would continue to explore other location options for the future national supply chain, and stressed company remained committed to its current sites in Northampton.



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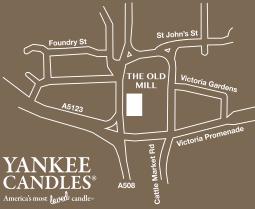
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Fixing your energy prices could save you money on your bills

Are you one of the many Northamptonshire residents still on a variable tariff for your gas and electricity?

If so, Northamptonshire County Council's energy partner British Gas points out that if you're looking for certainty with your energy prices, it could be a good move to switch to a fixed price tariff. That's because you'll know exactly where you are with your energy bills, and you won't need to worry about any price increases for the period your tariff is fixed.

The advice comes as a result of a drive by Northamptonshire County Council and British Gas to help residents reduce their energy bills by ensuring they are on the most suitable tariff. The initiative has already had its successes, with residents who took part in a recent trial making savings.

Do you qualify for free insulation?

Another way to save on your energy bills is to ensure your home is properly insulated. Efficient insulation makes your home warmer in winter, cooler in summer, and could save you as much as £145 a year¹ with cavity wall, and £150 with loft insulation².

Nine out of ten homes which need insulation are getting it installed by British Gas for free through a government scheme. To find out if your home is eligible, British Gas invite you to call them on the number below – whether you're a British Gas customer or not.

Smarter meters are coming

Finally, smart meters are also helping residents save on their energy bills. That's because, via an in-home smart energy monitor, they show you exactly how much energy you're using. So when you switch on a light or put the kettle on, for example, you immediately see what you're spending, in pounds and pence.

In addition, smart meters automatically send your meter readings to British Gas, which means you receive accurate bills every time, and only pay for the energy you've used.

British Gas have installed over a million smart meters to date, and are giving eligible Northamptonshire residents the opportunity to benefit from this revolutionary technology at the earliest opportunity.

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Park Avenue Surgery, inset, is unfit for purpose, according to Dr Gareth Williams

GP: 'NHS is letting my patients down daily'

A doctor at a Northampton GP surgery says the NHS is letting down patients by failing to invest in his practice which he says is "unfit for purpose".

Dr Gareth Williams, of the 10,000-patient Park Avenue Surgery, in Abington, said his staff were struggling to cope with demand, but the NHS was deaf to his appeals for improvements.

He said: "Every day we continue to work in GP premises that are unfit for purpose. We are letting our patients down as we are unable to offer all the services they require. We desperately want to improve our premises to provide patients with the facilities and additional service they need

and deserve, but we can only do this with sufficient support from NHS England which they are currently failing to give."

Among the issues, Dr Williams claims, are:

- Key staff at NHS England are part-time and "seem uncertain as to whether they can make decisions on premises."
- Half of the GP consulting rooms are unreachable for disabled patients.
- Confidentiality is "at risk" and the sound-proofing is so bad staff often have to play loud music in the waiting areas so that consultations are not overheard.
- The practice manager and secretary work out of a temporary building.

● Not enough space in treatment rooms for someone to assist a nurse.

Dr Williams said: "This means our patients are waiting unnecessarily for an appointment and are quite rightly frustrated at the delay getting the treatment they need. It seems absolute madness that we've dedicated and highly-qualified doctors, nurses and staff eager to care for people, but we're constantly hindered by a building that's not fit for purpose."

An NHS England spokesman said: "While the NHS budget has been protected, which is welcome, finding more money in one area will inevitably mean reductions elsewhere."

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Still open: Maria Arias and daughter Carolita say the pavement on her cafe's side of Wellington Street is now too small to serve customers outside

Path 'too small for tables'

A cafe in Northampton can no longer serve customers outside after the pavement was narrowed to only two metres wide to let traffic pass.

Yet the pavement on the opposite side of the road, which has no shop doorways, is wider.

It is understood Northampton Borough Council is keen on the measure, in Wellington Street, as it will allow cars exiting Abington Street from November to drop off their passengers to the left of the

road. But Maria Arias, who owns Maria's Cafe, said a wider pavement opposite, which she claims will be only lightly used, will be completely galling given she has used her side for the last 20 years and will now see it become too narrow for any furniture.

Mrs Arias, who used to seat several of her customers outside, said she was now considering closing her business.

She said: "We seat about a dozen people indoors and could get another eight outside."

"Now it will be impossible to put furniture outside. There is hardly enough room for people to even walk past."

Her daughter, Carolita, said: "What happens when the road eventually opens? There will be fumes from passing cars and vehicles dropping off."

"We're a small cafe so you can't keep the doors closed all the time. The scheme's terrible for the cafe, yet there's been no admission of what this will do to the business."

Northampton Mercury

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Bikes for hire in town centre

An 'innovative' bicycle hire scheme was launched by council leaders in Northampton town centre last week.

Councillor David Mackintosh, leader of Northampton Borough Council, and Councillor Jim Harker, leader of Northamptonshire County Council, cut the ribbon at the official launch event of CycleCoNNect in Mercer's Row last Tuesday morning.

Councillor Mackintosh said: "We hope this will be a successful scheme and look forward to seeing people riding around the town."

Cycle CoNNect – similar to the successful 'Boris bikes' scheme already available in London – has been designed to create a low cost, convenient and sustainable way to travel around the town.

Set up by Northamptonshire County Council and highways service provider, MGWSP – in partnership with Northampton Borough Council, Brackmills industrial estate and the University of Northampton – the £150k initiative has provided 50 bikes for public hire from 10 docking sites within the borough.



Councillors Jim Harker (left) and David Mackintosh at the launch of CycleCoNNect.

Six hubs have been opened and the remaining four will open in the autumn.

Councillor Michael Clarke, county council cabinet member for transport, highways

and environment, said: "What they're doing in London, we can do just as well if not better in Northampton."

The hire of a bicycle costs £1 an hour, up to a maximum

of £5 per day. However initially, as a promotional offer for people to sample the new scheme, the first 30 minutes of each journey will be free of charge.

Scheme also launched at industrial estate

THE new Cycle CoNNect scheme has also been launched on Brackmills business park.

Fifteen new bikes have been fitted at three cycle stations on Brackmills, enabling employees and visitors to the estate to cycle around the area and between the town centre, train station and across to both University campuses.

The first of the estate's cycle docking stations are being launched in Salthouse Road, with two more being established in the coming weeks in Gowerton Road and Pavilion Drive.

On Brackmills, the Cycle CoNNect scheme has been supported by courier company, Action Express.

Managing director Elaine Harries, also a director of Brackmills BID (Business Improvement District), said:

"We have been storing the cycle equipment and frames in our depot in the lead-up to

this launch and are delighted to be playing a part in this exciting initiative, which will encourage even more people to use sustainable transport, whether they cycle to work or simply nip on a bike to get to or from a bus stop."

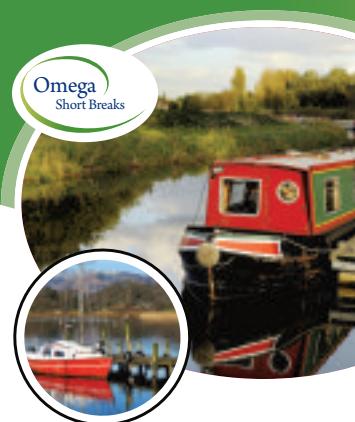
Sara Homer, BID chairman, added: "Getting connected with the rest of Northampton, making it easier for workers on our estate to get to and from work and tackling the ongoing challenge of congestion, is a key target for our BID." The first 30 minutes of cycling will be free for a trial period, with every additional hour of use costing £1 up to a maximum of £5 per day.

The bicycles are fully-adjustable for size and comfort, and designed for casual and more experienced cyclists.

The hire system is entirely automatic and the bicycles will be available to hire at any time of the day, seven days a week.

Mercury

Narrowboats & Steam



Departing Friday 12 September 2014

Once, before motorway misery, everyone wore hats, coal went in barges and engines hissed steam. Revisit slower times with a north Yorkshire narrowboat, a Lakeland steam railway and a cruise on Windermere. All aboard!

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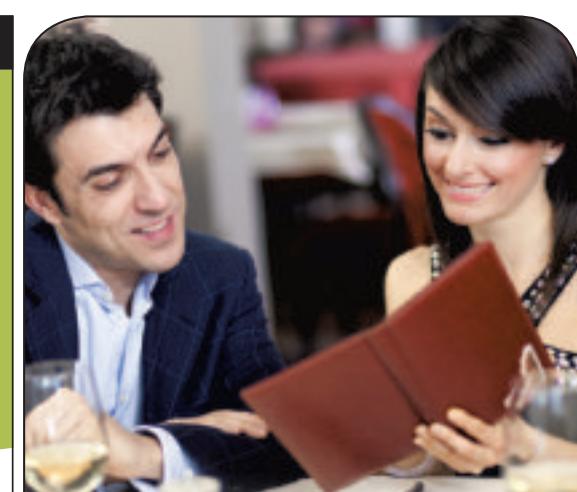
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Nursery bid to take over at Pig and Whistle

A Blackthorn community charity is set to meet rising nursery place demands in the east of Northampton by taking over a pub site.

The freehold of The Pig and Whistle, in Bridge Court, is owned by Northampton Borough Council.

But now the authority has agreed to grant a 25-year lease to Blackthorn Good Neighbours (BGN), which runs a children's centre just metres away, to convert the building into a nursery school.

The Pig and Whistle is currently operating as a pub, but negotiations are under way between the council and its current tenants, Enterprise Inns, about them leaving the premises.

Manager of BGN, Catherine White, said: "Blackthorn and Goldings has a very high level of two-year-olds that qualify for a free nursery 'voucher'.

"But there are so few places available on their doorstep. In September there will be 600 two-year-olds eligible and no-



new venture Manager of Blackthorn Good Neighbours, Catherine White

where near enough provision to meet that demand. This is part of our plan to help address that."

BGN is now seeking to secure funding to renovate the premises.

The county council has agreed to fund £150,000, and the charity has secured a further £20,000 from the National Lottery.

If a further £30,000 can be found, the nursery could open by January next year on a session-only basis, with plans further down the line to convert

the premises into a full day-nursery and a 'community hub' for groups to hire and meet.

Ms White said the extra nursery provision would be a big boost for the area.

She said: "The outcomes for children are greatly enhanced if they are school ready by the time they get to primary education."

The Good Neighbours group is hosting a fun day at Blackthorn Community Centre this Saturday between 11am and 2pm, to raise money for the project.

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'After tragedy you can sink. I chose to swim'

A woman who lost her husband and two daughters to cancer is refusing to let the tragedies put her off raising funds for Northampton General Hospital (NGH).

Ann Williams is holding a garden party at her home in Lumbertubs this Saturday to raise money for NGH's new chemotherapy suite.

After losing 13-year-old daughter Julianne in 1979, her husband Roy died last February of oesophageal cancer.

Then on April 23 this year, her daughter, Heidi, succumbed to breast cancer.

She said her only way to cope now was to throw all her efforts into raising funds.

She said: "Does it make me bitter? I have to admit that I'm bitter against God for what has happened."

"But that doesn't change the fact that the hospital needs funds to make other cancer patients' treatment better. After so many losses you can either sink or you can swim. I chose to swim."



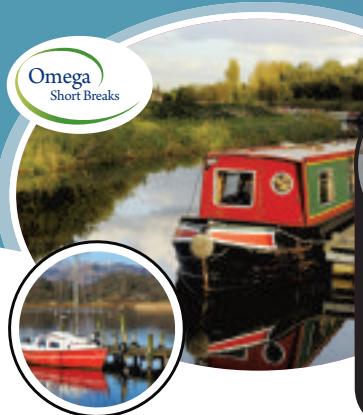
Ann Williams is holding a garden party in memory of her husband and two daughters to raise money for the chemotherapy unit at NGH

Mrs Williams hopes to raise funds in Heidi's memory by selling copies of a poem her daughter wrote before she died – called *The Day Before You Came* – which Mrs Williams has had printed on bookmarks.

She hopes more will be raised at Saturday's family-friendly garden party event, which will take place between 1pm–5pm at 52 Lumbertubs Lane. It includes access to Mrs Williams' covered swimming pool as well as children's games, stalls, a tombola and strawberries and cream.

Mercury

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Music stars wow Delapre crowds

More than 13,000 people attended the three Alive at Delapre concerts staged in Northampton at the weekend.

Simple Minds, a Here & Now 80s night and Boyzone attracted crowds to Delapre Park on Friday, Saturday and Sunday, with one family even travelling from Belgium for the last night.

Councillor David Mackintosh, leader of Northampton Borough Council, said: "This is a great way to promote tourism in Northampton and to raise awareness of Delapre Park and Abbey as a venue."

"Visitors on all three nights heard a great range of music in a beautiful parkland setting," he added.

"We have received lots of feedback during the weekend and we will be taking that into account as we consider our events programme for next year."

Simple Minds appeared on Friday and Boyzone on Sunday. Saturday's 1980s' concert featured The Real Thing, T'pau, Bananarama, Rick Astley, Boney M and Paul Young.



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Northampton

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Family car packs practical punch

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Towards the end of their lives, many model ranges are trimmed back and goodies added to keep up interest.

They can prove a cracking buy if you're more interested in sound value than sexy looks.

The car tested here first appeared in 2004, named after a city in SEAT's native Spain.

How does it shape up to-

day? A decade in car terms puts the Altea firmly in late middle age, so expect its maker to thin the line up and add goodies while contemplating a replacement in the not-too-distant future.

There are only three cars offered, all in new I TECH trim and all powered by 1.6 or 2.0 litre diesel engines. Whichever one you end up with won't lack for equipment.

The car shown here is the least expensive surviving Altea and must be as well

equipped as anything on sale for less than £20,000.

Standard kit includes usually expensive add-ons like satellite navigation, cruise control, dual zone climate control and front and rear parking sensors.

Designed as a medium-sized family holdall, the Altea packs a punch in the practicality stakes.

And an impressive 56mpg on the trip computer was ample compensation for a lack of sports car urge.



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DRIVETRAIN: 1.6 litre 105hp diesel engine, 5-speed gearbox

PERFORMANCE: Top speed 114mph, 0-62mph 12.2 seconds

ECONOMY: Euro average 62.8mpg CO₂ 119g/km road tax £0 first year, then £30

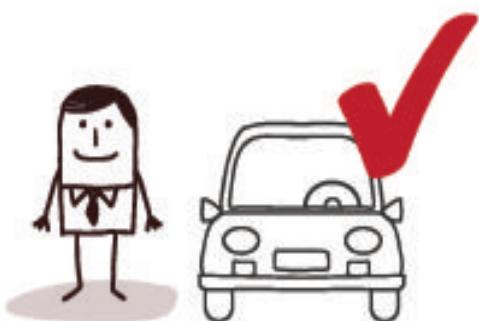
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03, petrol, 2003, 1149cc 3
door, 5 speed manual,
front & side airbags,
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glass s/roof, auto lights,
PAS, 12 month MOT, Dec
tax remote locking, immobiliser,
computer. £1,150 Tel:
01536 352735

2003

£1,150 ono

RENAULT SCENIC DYNAMIQUE DCI 86



57, 1.5, 105,000 miles,
blue, diesel, 2007, Very
good condition, recent
cam belt change Tax&Mot
till November. £2,250 ono
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2007

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Rover

ROVER 45 IMPRESSION S3



53, 1.4, blue, petrol, 2003,
Taxed and Mot
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2003

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ono
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SKODA FABIA COMFORT 1.2 HTP 64



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Aug, 2 previous owners, lady
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2006
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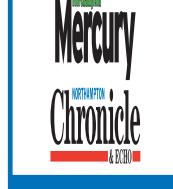
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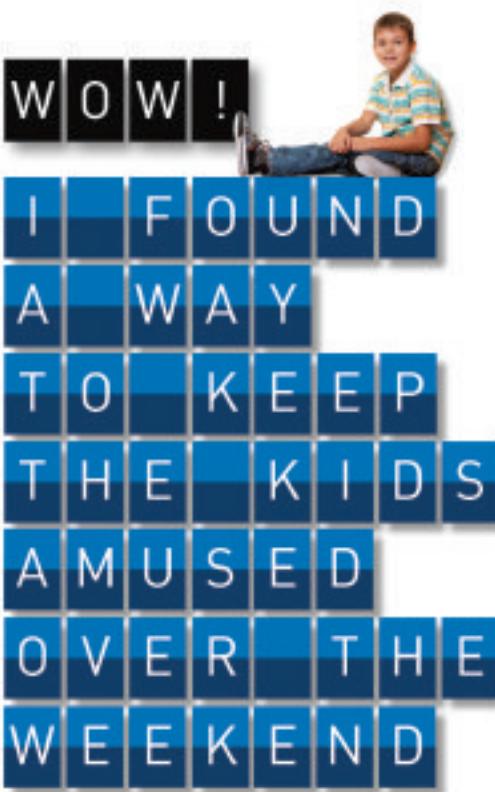
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Marketing Assistant (part-time)

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Box Office Assistant (part-time)

Friendly, confident and enthusiastic, the successful candidate will have previous experience of working in a sales environment and an interest in the arts is essential. Applicants should be able to work flexible hours including evenings and weekends.

For further information, please visit www.thecastlego.org.uk/jobs or email kate@thecastlego.org.uk. CVs will not be accepted.

Closing date for applications: Thu 31 July (midday)

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SPORT

Hard work pays off for Alex

Nicholls was always confident of making comeback

FOOTBALL

Cobblers striker Alex Nicholls says he never doubted that he would play football again.

The 26-year-old ended 21 months of injury agony and frustration last Saturday when he ran on to the Fernie Fields pitch as a 52nd-minute substitute for Kaid Mohamed in the pre-season friendly against Sileby Rangers.

It was an emotional moment for the player, and for all the Cobblers supporters present, as Nicholls, who admitted he had to fight back the tears, made his first playing appearance since Saturday, October 27, 2012.

That is a date that will always be burned into the memory of Nicholls, as it was then that a late tackle at Sixfields from Port Vale's John McCombe left the Town player, who was in the process of putting his team 1-0 ahead with a simple finish, with a broken leg.

It was an horrific injury which left Nicholls' left leg snapped in two, and there was a chance from the word go that the player's career could be under threat.

And initially, things didn't go smoothly, with Nicholls suf-

ferring setbacks in his recovery, but all those challenges and problems have now been overcome.

Now, almost two years after suffering the injury, and after plenty of rehabilitation, fantastic work from surgeons and, most of all, hard work from Nicholls himself, the former Walsall man is back out doing what he does best - playing football.

Nicholls marked his return to playing with a hat-trick in the Cobblers' 9-0 win over Sileby. He looked like he had never been away, and was certainly a very, very happy man afterwards.

But when asked if there was ever a time when he thought he wouldn't get to this point, Nicholls simply said: "No. I have always tried to stay positive."

"I think it is a massive part for anybody that is going through a severe injury, like I went through, you can't be down in the dumps."

"I have said this before, that if you do that then it makes things a whole lot worse."

"I have a young family, and my girlfriend who I live with, and it's not just about me."

"I have to stay happy for them also, and the support they have given me is fantastic."



HE'S BACK Alex Nicholls is tackled during Cobblers' pre-season friendly at Sileby Rangers

Dickens revels in 'healthy' atmosphere

ALAN DICKENS in revelling in the 'healthy' atmosphere among the Saints coaching staff.

And he says the fact Jim Mallinder has agreed to stay at the club for a further five years is a huge positive for everyone at Franklin's Gardens.

Mallinder has assembled a team of coaches who appear to provide the perfect balance.

RUGBY

Dorian West is a hugely respected forwards coach, while the same can be said of Alex King and his work with the backs.

Dickens provides a conduit between the first team and Academy as well as being utilised as a defensive mentor, while Mallinder knits each department together.

And Dickens said: "It's a good environment to work in. We do work together."

"It's not a situation where King is just the attack or Dorian is just the forwards, we all have to work together and know all the areas and facets of the game together."

"We have conversations about the best way to go forward. It's very healthy."

And on the subject of Mallinder's new deal, which

will keep him at the club until 2019, Dickens added: "It's very positive and it's just reward for where Jim's taken the club to."

"People always talk about us being in the Championship before Jim arrived (in 2007) and he's taken us into the Premiership and we've done well over the few years we've been back there."

"His new contract is just reward for last season and

the work before it."

Meanwhile, Dickens says Saints learned a huge amount from last season's 'exhausting' endeavours and believes that education will stand them in good stead for the defence of their title.

"It was pretty exhausting - and I didn't even play," admitted the assistant coach. "It was a long, tough season with the effort the players put in and it's not what hap-

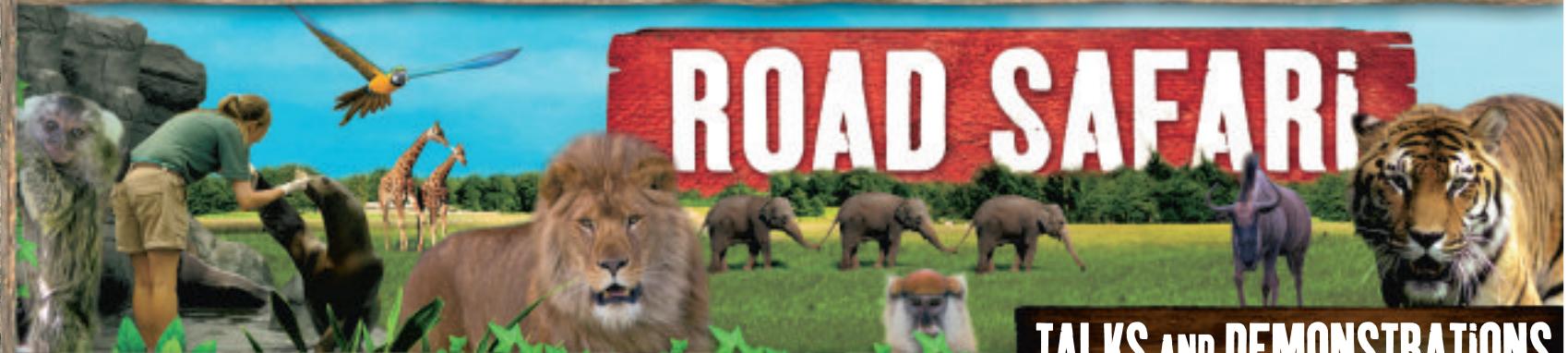
pened on May 31, it's what happens now and building for the new season.

"We need to put ourselves in the best possible position for the start of the season and see how we go."

And he added: "Last season was thoroughly enjoyable. There are ups and downs, but we learned our lessons throughout the season and improved, which is what we'll be looking to do this year."

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SCHEDULED TIME	POSITION ON MAP	FOOT SAFARI ANIMAL ENCOUNTERS
10:30	24	DESERT SPRINGS Meerkat and Mongoose Feed
11:00	22	MONKEY BUSINESS Feed and Talk
11:30	16	SEA LION BEACH Outdoor Talk
	17	SEA LION COVE* NEW 3D Sammy & Ray and 2D Animal Maternity
	7	OTTER ENCLOSURE Otter Feed
11:45	2	PENGUIN WORLD Feed and Talk
12:00	30	BIRDS OF PREY Demonstration
12:15	3	LAND OF LEMURS Feed and Talk
12:30	11	GREAT WOBURN RAILWAY
	17	SEA LION COVE* Indoor sea lion show with 2D Animal Maternity
13:00	18	BIRDS IN ACTION Demonstration
13:30	22	MONKEY BUSINESS Feed and Talk
	11	GREAT WOBURN RAILWAY
	32	ELEPHANT MEADOW Elephant Meet and Greet
14:00	30	BIRDS OF PREY Demonstration
	31	AUSTRALIAN WALKABOUT Feed
	3	LAND OF LEMURS Feed and Talk
	11	GREAT WOBURN RAILWAY
	17	SEA LION COVE* NEW 3D Sammy & Ray and 2D Animal Maternity
15:00	18	BIRDS IN ACTION Demonstration
15:30	11	GREAT WOBURN RAILWAY
	17	SEA LION COVE* Indoor sea lion show with 2D Animal Maternity
15:45	22	MONKEY BUSINESS Feed and Talk
16:00	30	BIRDS OF PREY Demonstration
	31	AUSTRALIAN WALKABOUT Feed
	3	LAND OF LEMURS Feed and Talk
	11	GREAT WOBURN RAILWAY
	17	SEA LION COVE* Indoor sea lion show with 2D Animal Maternity
16:45	2	PENGUIN WORLD Feed and Talk
17:00	7	OTTER ENCLOSURE Otter Feed
17:15	24	DESERT SPRINGS Feed
17:30		

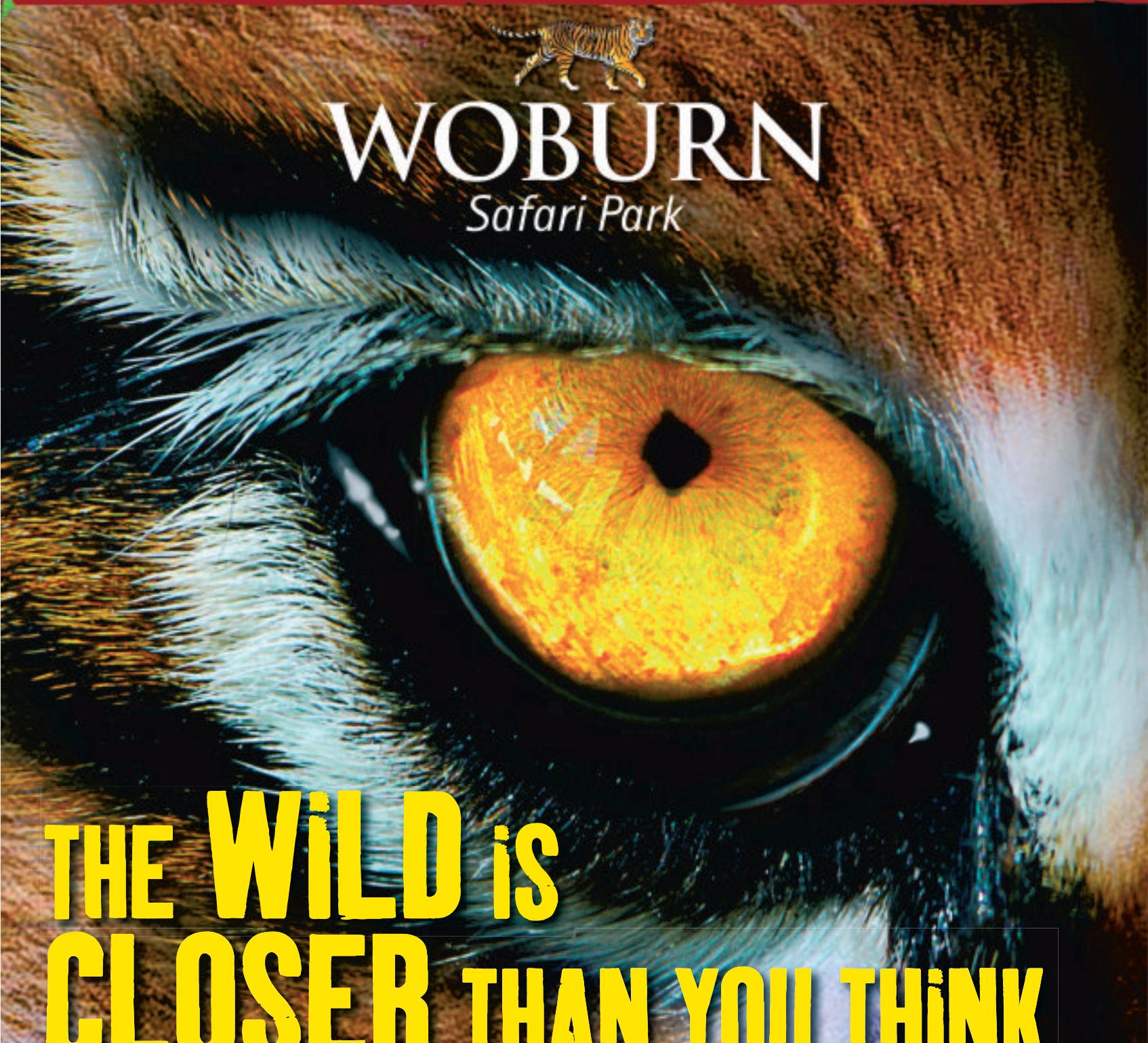
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